

# BECOMING AN OUTDOORS-WOMAN

**April 2003**

Becoming an Outdoors-Woman is a workshop focused on the outdoor skills - skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if...

- you have never tried these activities, but have hoped for an opportunity to learn.
- you are a beginner who wants to improve your skills.
- you know how to do some of these activities, but would like to try your hand at some new ones.
- you enjoy the camaraderie of like-minded individuals.

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# Feather River Inn

Graeagle, California



**April 11-13, 2003**

**Sponsored by  
California Department of Fish and Game &  
University of Wisconsin-Stevens Point,  
College of Natural Resources**

The California Department of Fish and Game's and Becoming an Outdoors-Woman Program is pleased to offer a three-day outdoor educational workshop for women April 11-13, 2003 at the historical and charming Feather River Inn – Graeagle, California

Hidden away in the Sierra Mountains, the Feather River Inn was established in 1915 and the original building is still being used today to host conferences and events. Participants are sure to enjoy the blend of rich history and glorious mountain views. Accommodations: rustic group cabins – 2 to 3 people per cabin – shared bathrooms. Linens provided.

The Feather River Inn is located one hour west of Reno, two hours east of Chico, and two and one half-hours northeast of Sacramento. **From Reno:** Take 395 North to California Highway 70. Take Highway 70 thirty-five miles west. Turn right on Feather Inn Road, (immediately following the Highway 70 & 89 junction). **From San Francisco/ Bay Area or Sacramento area:** Take Interstate 80 to Truckee. Take Highway 89 North toward Quincy/Sierraville. Remain on Highway 89 past Graeagle and Blairsden. Turn left onto Highway 70. Turn right onto Feather River Inn Road.



The cost of the workshop is \$200.<sup>00</sup> if registered by March 21, 2003. If registered after March 21, 2003 the price of the workshop is \$210.<sup>00</sup>. Food, lodging, class instruction and equipment use is included in the price of the workshop.

The workshop begins Friday, April 11 – registration opens at 10:00 am. - a brief welcome and lunch beginning at approximately 12:00 p.m. and ending with a noon lunch on Sunday, April 13, 2003. The first class session begins at 1:30 p.m. on Friday. Participants are enrolled in four class sessions for the duration of the workshop.



[www.dfg.ca.gov/bow/owoman.html](http://www.dfg.ca.gov/bow/owoman.html)





# WORKSHOP SCHEDULE

## FRIDAY, APRIL 11

10:00 - 11:30 **Check In & Registration**

12:00 - 1:00 **Lunch/Welcome**

### 1:30 - 5:30 **SESSION I**

- A. Intro. To Firearms & Firearm Safety
- B. Map & Compass
- C. Archery
- D. Beginning Fly-Fishing
- E. Kayaking
- F. Wilderness First Aid
- G. Knots to You
- H. Basic Fishing



6:00 - 7:30 **Wild Game Feed**

7:30-8:30 **Evening /Social**

## SATURDAY, APRIL 12

7:00 - 7:45 **Breakfast**

12:00 - 1:00 **Lunch**

### 8:00 - 12:00 **SESSION II**

### 1:30 - 5:30 **SESSION III**

- I. Beginning Shotgun Shooting\*
- J. Map & Compass
- K. GPS - The Fourth Tool
- L. Beginning Fly Fishing
- M. Outdoor Cooking
- N. Basic Fishing
- O. Exploring Wild California
- P. Wilderness First Aid
- Q. Hiking with Dogs

- R. Beginning Shotgun Shooting\*
- S. Kayaking
- T. Field Orienteering\*
- U. Bow Hunting\*
- V. On-Water Fly Fishing\*
- W. River/Lake Fishing\*
- X. Outdoor Cooking
- Y. Camping and Backpacking
- Z. Knots to You

6:00 - 7:00 **Dinner**

7:30 - 8:30 **Evening Program**

## SUNDAY, APRIL 13

7:00-7:45 **Breakfast**

### 8:00 - 12:00 **SESSION IV**

- AA. Beginning Rifle Shooting\*
- BB. Field Orienteering\*
- CC. On-Water Fly Fishing\*
- DD. Camping and Backpacking
- EE. River/Lake Fishing\*
- FF. Exploring Wild California
- GG. California Game Birds
- HH. Hiking with Dogs
- II. GPS - The Fourth Tool



12:00 - 1:30 **Lunch and Farewells**

\* Indicates there is a prerequisite

## International Sponsors 2002

- API Outdoors Inc.
- Archery Manufacturers and Merchants Organization
- Browning
- Buckmasters American Deer Foundation
- Cabela's
- Ducks Unlimited
- Federal Cartridge Company
- Leupold
- National Rifle Association
- National Shooting Sports Foundation
- National Wildlife Federation
- Pope and Young Club
- Rocky Mountain Elk Foundation
- Safari Club International
- Trout Unlimited
- U.S. Fish and Wildlife Service
- UWSP Foundation Inc.
- University of Wisconsin-Stevens Point, College of National Resources
- Contributors: Lawry's and Lodge Manufacturing

# CLASS DESCRIPTIONS

## A. Introduction to Firearms & Firearm Safety

The course will cover basic types of firearms, firearm safety, how to select/purchase firearms, which firearms are used for different types of hunting, and outdoor ethics. This course will not include any actual shooting, but is a prerequisite for anyone who wishes to register for the shooting courses and has not had hunter safety training or a similar certified course.

PREREQUISITE FOR: CLASS I, R, AA

## B. Map and Compass

Participants will learn how to navigate using map and compass, and how to read topographic and other types of maps. Besides its usefulness for hunting and other outdoor activities, this skill has become a popular recreational activity in its own right. This is a two-part class; please do not sign up for this class if you are not interested in taking the Field Orienteering class to allow others the benefit of taking both classes.

## C. Archery

Joe and Joan Becker, expert archers, will share their expertise in a comfortable and supportive setting – guaranteeing everyone a bull's eye! Participants will learn about various types of archery equipment, selection, safety, etiquette, ethics, and shooting form. There will be a range set up and everyone will have an opportunity to shoot a bow. Equipment will be provided.



## D. Beginning Fly Fishing

Participants will learn about fish habits and habitat, the basics of casting, tying knots, and how to select flies and equipment. This will be a dry land class. Instructors: Sally Stoner and Deb Cox, authors of *Shared Treasures, A Journal of Friendship and Fly Fishing*. Equipment will be provided. This is a two-part class – the second half is On-Water Fly Fishing. Please do not sign up for this class if you are not interested in the second part to allow others the benefit of both parts of the class.

## E. Kayaking

Participants will learn the basics of this popular sport with instructor Tara Sheen of California Canoe and Kayak. Information will include how to enter and exit the boat, safety tips, paddle strokes, and other maneuvers. This class is on a nearby lake. All equipment will be provided. Beginner appropriate – no advanced techniques.

## F. Wilderness First Aid

Although, serious injury in the backcountry is rare, things can go wrong. Be prepared! Jael Young, director of Peak Adventures, popular outdoor program at California State University, Sacramento will give an introductory overview of outdoor first aid with plenty of hands-on scenarios to provide participants the skills and information needed to venture into the backcountry with confidence. This is a non certification course. You will need a day pack and water bottle. Wear old clothes – something you won't mind getting stained or dirty.

## G. Knots to You

Knot tying seems to be a lost skill and for those who have ever held the two ends of a piece of rope in hand and have felt lost, this class is for you. So...learn to tie a load down, throw a line to someone in the event of an emergency, lash a raft together, rig a line for shelter or just come and have fun learning about knots and their practical uses. Equipment provided.

## H. Basic Fishing

This course will provide instruction in types of rods, reels, lines, hooks, bait, knot tying, how to rig a rod, casting techniques, and how to land a fish from fresh and saltwater environments. This is a dry land class. Equipment will be provided. This is a two-part class – the second half is River/Lake Fishing. Please do not sign up for this class if you are not interested in the second part. This allows others the benefit of both parts of the class.



## I. Beginning Shotgun Shooting\*

Participants will learn types/gauges, and how to load, shoot, and clean shotguns. Shooters will all "break a clay". We're confident! Equipment will be provided.

PREREQUISITE: Class A or Hunter Education certificate

## J. Map and Compass

A repeat of class B.



## CLASS DESCRIPTIONS

### California Sponsors

- California Deer Foundation
- California Waterfowl Association
- Federal Cartridge Company
- Mule Deer Foundation
- National Rifle Association
- National Wild Turkey Federation
- Rocky Mountain Elk Foundation
- Safari Club International, Granite Bay Chapter
- White Flyer Sporting Clays

### K. GPS - The Fourth Tool

In the hierarchy of navigation the Global Positioning System (GPS) unit is considered to be the fourth tool; it is becoming increasingly more popular and useful. Instructors, Dave and Joyce Effinger will unravel the mysteries of this popular navigational tool in a fun and easy to understand session. Topics include: How the GPS works and what it can do, how to use the GPS data to determine location on a topographical map, field exercises using GPS, waypoints to find hidden caches and much more. Altimeters and map software will also be addressed. A prior understanding of map and compass will make this an interesting and fun experience. Wear comfortable shoes for walking.

### L. Beginning Fly Fishing

A repeat of class D.

### M. Outdoor Cooking

Learn how to simply prepare healthy, hearty and masterful meals in the great outdoors. Participants will learn about outdoor cooking fires, wood types and charcoal temperature. Also, how to build a Dutch oven fire, successful food storage for extended trips, and a variety of traditional camp cooking methods and secrets. Participants will prepare, cook and sample their meals.

### N. Basic Fishing

A repeat of class H.

### O. Exploring Wild California

Learn how to plan a safe and enjoyable excursion, choose and use field guides, binoculars, and other "tools of the trade", understand habitat types in relationship to plant and animal distribution, identify plants, birds, and learn to read wildlife signs. Bring a small knapsack, sturdy footwear, and binoculars (if you have them) to explore our wild lands as never before. We have plenty of binoculars.

### P. Wilderness First Aid

A repeat of class F.

### Q. Hiking with Dogs

Hiking is a great way to get into shape while enjoying the outdoors and it is always much more fun to go hiking with a buddy. Your best buddy just might have four legs and spend an awful lot of time alone in the backyard. Why not "embark" on the trails together? But before you do, take this class! Anne Goldsmith, experienced teacher, outdoorswoman, and hiker - owner of her own dog training business The Well Mannered Dog will cover topics such as: Dog gear - booties and packs, hydration systems, conditioning, pet first aid, trail etiquette for you and Fido, basic obedience suggestions, and much more. We hope to incorporate a short hike into the class (if weather permits). Unfortunately due to facility constraints, participants cannot bring their canine buddy. Please adhere to this policy. We will have one ambassador dog along for the hike. Wear comfortable shoes and bring a daypack and water bottle. Dress for the weather.

### R. Beginning Shotgun \*

PREREQUISITE: Class A

A repeat of class I



# CLASS DESCRIPTIONS

(continued from page 4)

## **S. Kayaking**

A repeat of Class E

## **T. Field Orienteering \***

The instructors will lay out a course that you will follow using your map and compass skills. "Surprises" along the trail are an added bonus in this popular workshop. This will involve a 3 mile cross country hike. Wear sturdy footwear, and dress for the weather. Bring a daypack or fanny pack and a water bottle.

PREREQUISITE: Class B or J This is a two-part class, you must enroll in the Map and Compass class to be eligible to take this course.

## **U. Bow Hunting \***

Participants will learn about basic bow hunting equipment and techniques such as tree stand hunting, still hunting, stalking, and camouflage. Also learn about the habits and habitat of animals usually hunted by archers. There will be a range set up where you can try out various archery equipment. Equipment will be provided. This is a two – part class; you must enroll in Archery to be eligible to take this class. PREREQUISITE: Class C



## **V. On-Water Fly Fishing \***

Participants will travel to a nearby river or lake and practice casting techniques, fly selection, reading the water, how to land and release a fish, safety, and ethics. Bring waders or wading boots if you have them. You must bring a fishing license.

Transportation and equipment will be provided. You must enroll in the Beginning Fly Fishing session to enroll in this class. No exceptions, please.

PREREQUISITE: Class D or L

## **W. River/Lake Fishing**

Participants will meet at a nearby lake in Greagle for a quick review of fishing equipment, fish habits and habitats, how to clean a fish, safety around water, and casting techniques.

You must enroll in the Basic Fishing session to enroll in this class. No exceptions, please.

PREREQUISITE: Class H or N

## **X. Outdoor Cooking**

A Repeat of Class M

## **Y. Camping and Backpacking**

This course will cover all aspects of planning, including where to go, what to bring, and outdoor safety and etiquette. Participants will learn how to make camping a positive experience. This will be a hands-on session demonstrating various types of tents, sleeping bags, backpacks and other equipment. Learn to experience the joy of NO TRACE camping, leaving only your footprints behind.

## **Z. Knots to You**

A repeat of class G

## **AA. Beginning Rifle Shooting \***

Participants will learn the basics of safely handling a rifle, shooting techniques, and cleaning. Time will be spent on the range using a .22 caliber rifle.

Participants will also have an opportunity to shoot larger caliber rifles. Equipment will be provided.

PREREQUISITE: Class A

## **BB. Field Orienteering \***

A repeat of Class T

PREREQUISITE: B or J

## **CC. On-Water Fly Fishing**

A repeat of class V

Prerequisite: Class D or L

## **DD. Camping and Backpacking**

A repeat of class Y

## **EE. River/Lake Fishing \***

A repeat of Class W

PREREQUISITE: Class H or N

## **FF. Exploring Wild California**

A repeat of Class O

## **GG. California Game Birds**

Have you ever heard the roaring sound of thousands of snow geese in a rice field, the cackle of a rooster pheasant, or the whistling sound of a green-winged teal? Come discover the world of California upland game birds and waterfowl. Whether shooting with a camera or a shotgun, learn to locate, identify, and call, California's wide variety of game birds. Bird cleaning and recipes may be included. Includes dog demonstration.

## **HH. Hiking with Dogs**

A repeat of class Q

## **II. GPS – the Fourth Tool**

A repeat of class K